



## Spring/Summer Newsletter 2024

Springtime is our favourite time of year here at The Sanctuary where the plants and wildlife start to wake up and turn their faces up to the sunshine to welcome in the new season. This is a time of rebirth and regeneration for nature and also us, because we are part of nature. After a long winter of being closed off from mother earth and her beautiful healing vibration, it is a time to get out into the fresh air and surround ourselves with all that she offers. When weather permits, put your barefeet onto the earth to receive healing, it will boost your immune system and make you feel grounded.

We have been busy working hard to bring you new therapies and classes for this season and welcome Karen and Denny with Tarot and Medical Daith Piercing. We also welcome Lee Keeble who is a hypnotherapist, Joe Boreham an Integrative Counsellor who also works with Mind and Jo Poynter who is a Holistic Therapist offering Facials and healing. If you would like more information please get in touch.

Spring is also a good time to remedy things that no longer serve you for your highest good. Don't put up with those niggling aches and pain. Work with your health whether it be physical or mental. Take positive steps to put you on the road to recovery. Don't delay, give us a call, we can help you.

## Meet Karen - Tarot Readings £60

Hello, my name is Karen and over the past twenty years I have been working and developing my spiritual side. I am a very intuitive person and have a good connection with my guides.

I have studied tarot for many years, but for me to read tarot is connect with that person energy and every time I read the tarot every card tells a different story for that person I am reading for. It is a beautiful way to read the cards and is personal to the person that I am reading for.

Also, sometimes whilst connecting with the cards, sometimes I also connect with spirit and most of the time they are there waiting to say something to their loved ones, of course I always get permission from the person that I am reading for before relaying the message.

I also love working with spirits and do work as a medium, helping, healing and giving guidance from their loved ones, but I have to say that we all have our own choices to make in life. I also do psychometry, which is an art of connecting with an object which could a picture or a piece of jewellery, from which the person wish to connect to, again this is connecting with the energy from their past loved ones, or they still could be living on this earth plane.

There is one thing that I have learnt over the years is that mediumship comes from the heart.



## Meet Denny - VNS Daith Piercing

Do you or anyone you love suffer from migraines? Fed up with taking strong medication for it? Would like your migraines greatly reduced? Then read on:

Denny is our Yoga Teacher/Drumming Therapy Teacher and VNS Daith Therapist. Denny has trained with VNS Daith Founder Tracy Perkins offering Medical Daith Piercings for people who suffer from ailments such as Migraine, Fibromyalgia, Anxiety by finding the optimal point for piercing with specialised equipment.

This treatment is revolutionary and totally natural as it works with the Auricular Ending of the Vagus Nerve. If you would like to know more please contact Denny on 07533 822 672



## *Feature Workshops*

Spring 2024	Reiki Drum Journey	Clare/Denny	07752 296 904
9th & 10th March	Pellowah Healing & Attunements	Julie Parker	07389 197 294
23rd & 24th March	Prograna Healing with Attunements		01708 251124
14th April/12th/May/9th June	Bach Flower Essence Training		01708 251124

This is an accredited practitioner course held over 3 Sundays with Julia Massey.

## *Qigong & Thai Chi*

Monday 7.30pm	Weekly Class	Miles	07595 377 400
Saturday 11.30 am	Weekly Class	Miles	07595 377 400
<b>YOGA</b>			
Tuesday Beginner 10am-11.15am		Denny	07533 822 672
Tuesday Kundalini Yoga 7pm		Jag	07872 177 193
Wednesday Intermediate 10am -11.30 am		Denny	07533 822 672
Thursday Intermediate 6.15pm 7.45pm		Denny	07533 822 672
Friday All Levels Yoga 10am – 11.15pm		Denny	07533 822 672

## *Meditation Classes with Amar*

Monday Meditation Course 8.00 pm	Amar	07511 605 184
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## *Drumming Therapy*

Monthly Beginners Class on Saturday Evening Monthly £15

20 th Jan, 24th Feb, 23rd March, 20th April, 18th May, 22nd June, 20 July, 17th Aug, 21st Sept,

19th Oct, 16th Nov – Call Denny to book you place 07533 822 672

Drumming Therapy is a form of meditation and balancing the right and left side of the brain and relieving stress and anxiety. It also promotes a sense of tribal community that is nourishing to the soul. Affirmations and Mantra are used in time with the beat and this promotes physical and mental healing.

It is a fun group and we have a real good time drumming together and we get some real good rythems going in time with each other (sometimes haha). Why not give it a go? We sometimes meet up at the beach in the summer as well and country parks.

There is also a weekly drumming class on a Wednesday Evening from 7 til 8 pm £10

## Sound Bath with Karen

Book via our website or call  
07808 167 270

Friday 22nd March 7.30 to 8.45 pm  
Sunday 7th April 11am to 12.14pm  
Friday 19th April 7.30 to 8.45 pm  
Sunday 5th May 11am to 12.15pm  
Friday 17th May 7.30 to 8.15 pm  
Sunday 2nd June 11am to 12.15 pm  
Friday 21st June 7.30 to 8.45 pm  
Sunday 7th July 11am to 12.15pm  
Friday 19th July 7.30 to 8.45 pm



## Gong Bath with Jag

Our monthly Gong Bath takes place on the first Saturday of the month at 7pm.

Places can be booked from our website or call Jag on 07872 177 193

## Holistic Treatments

Acupuncture  
Acutonics  
Anxiety Counselling/Treatment  
Aromatherapy  
Ayurvedic Foot Massage  
Ayurvedic Medicine  
Bach Flower Essences  
Bereavment Counselling  
Body MOT  
Bowen Therapy  
Cancer Care  
CBT (cognitive behaviour therapy)  
Coaching  
Couples Counselling  
Ear Candling  
Fertility Baby Plan (acupuncture/reflexology)  
Herbal Medicine  
Homeopath  
Hypnotherapy and Cognitive Hypnotherapy  
Indian Head Massage  
Lifestyle & Nutritional Management

Manual Lymphatic Drainage  
Menopause Treatments  
Natural Face Lift Massage, Facial Rejuvenation  
Pregnancy Care (Massage/Reflexology/acupuncture)  
Psychotherapy  
Reflexology (Foot and Facial)  
Reiki & Reiki Drum Therapy  
Sekhem Healing  
Spiritual Guidance and Healing  
Talking Therapies  
Tarot Readings  
Vagus Nerve Treatments  
Visceral Manipulation  
VNS Daith Piercing for Migraine and more  
Water Mastery Healing Sytem  
Weight Management  
Women's Health  
Zone Face Lift

[www.upminstersanctuary.com](http://www.upminstersanctuary.com) 01708 251124

## ***New Healing Treatment***

### ***Water Mastery Healing System with Karen Fox***



***£62 per treatment***

The Water Mastery Healing System (TM) is a high vibrational multidimensional healing system, that blends sonic sound healing and angelic energies together to formulate a unique and complete healing system.

Water Mastery works with the fluid transporting systems, organs, acu-points, energetic pathways and meridians of the body. This healing system is designed to enhance and restructure the quality of the water molecules and crystalline structures within the body; flushing and clearing the body of emotional and physical pollutants which can affect and inhibit the frequency of each cell, structure and system of the body.

In balancing the water and fire elements within the body, this Divine healing system will encourage the water within the body to flow freely. It helps to nourish, oxygenate and detoxify each cell and system.

As the water inside the cells and body is critical for health and well being, Water Mastery will bring a sense of wellness and vitality to the recipient, as well as activating and illuminating the light body to aid in ascension and spiritual growth.

### ***Meet Lee Keeble Clinical Hypnotherapist***

Lee has great success treating clients for:

- Smoking
- Stress & Anxiety
- Weight Loss
- Fears and Phobias
- Confidence
- Pain Management
- Sleep Improvement
- Performance Enhancement
- Emotional Healing
- Addictions

The initial consultation is free. All sessions are 1 hour but the initial appointment is 90 minutes.

***Sessions are £60  
or you can block book 3 for £150.***



## 🌿 Holistic Bereavement Counselling at Mind4Therapy 🌿

Are you navigating the challenging path of grief and loss?

At **The Upminster Sanctuary**, we understand that bereavement can be an overwhelming journey. Our compassionate and qualified therapist, Amar, is here to guide you through this process, providing a safe and nurturing space for healing.

### Meet Our Therapist: Amar



- **Qualifications:** Amar is a **qualified** therapist who has worked extensively with both adults and young people in various settings.
- **Specialisation:** Amar specialises in **bereavement**, offering support to those who have lost loved ones. Whether you're dealing with recent loss or long-standing grief, Amar's empathetic approach can help you find solace and understanding.
- **Confidential and Non-Judgmental:** Amar provides a confidential, non-judgmental environment where you can express your feelings openly. They believe that reaching out for help is a courageous step, and they're committed to supporting you on your healing journey.

### Session Details:

- **Location:** Mind4Therapy, a peaceful haven nestled in beautiful gardens.
- **Price:** Sessions start from **£60 per session**.
- **Availability:** Amar offers in person sessions at The Sanctuary.

## 🌸 Why Choose Bereavement Counselling at Mind4Therapy? 🌸

1. **Holistic Approach:** We take a holistic view of healing, considering mind, body, and spirit.
2. **Experienced Therapists:** Our team includes highly qualified and spiritually aligned therapists.
3. **Safe Space:** Amar provides a confidential environment for your healing journey.
4. **Flexible Options:** Whether you prefer face-to-face or online sessions, we accommodate your needs.

Contact The Upminster Sanctuary on 01708 250510 or [admin@upminstersanctuary.com](mailto:admin@upminstersanctuary.com)

[www.upminstersanctuary.com](http://www.upminstersanctuary.com)